

MEDICAL HISTORY

1. ANY INJURIES REQUIRING MEDICAL ATTENTION?

YES NO

2. TAKING ANY MEDICINE OR UNDER PHYSICIAN'S CARE AT THIS TIME?

YES NO

3. ANY FEELING OF FAINTNESS, DIZZINESS OR FATIGUE AFTER HEAVY EXERTION?

YES NO

4. WEARS GLASSES OR CONTACT LENSES?

YES NO

5. A SURGICAL OPERATION OR FRACTURE?

YES NO

6. TREATED IN A HOSPITAL OR EMERGENCY ROOM?

YES NO

7. ANY REASON WHY THIS PERSON CANNOT PARTICIPATE IN ANY SPORT?

YES NO

8. ANY KNOWN ALLERGIES?

YES NO

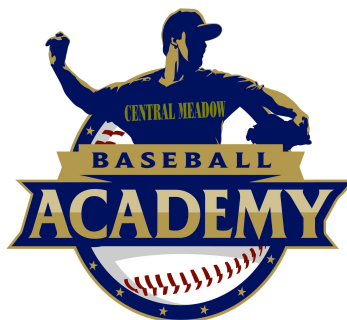
9. ANY CHRONIC DISEASE?

YES NO

***IF YES TO ANY OF THE ABOVE QUESTIONS, PLEASE DESCRIBE BELOW:**

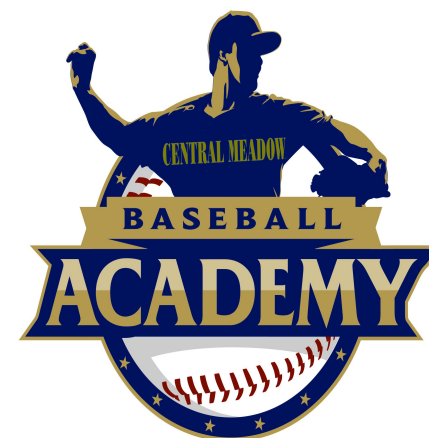
OR

*** OTHER ISSUES CMBA SHOULD BE AWARE OF, PLEASE DESCRIBE:**



WWW.CENTRALMEADOW.COM

Tom Abruscato's



***BASEBALL ACADEMY
SUMMER 2020 BASEBALL ACADEMY
AND SPECIALTY CAMP
FOR BOYS & GIRLS***

**2 WEEKS
JULY 6TH – 9TH & JULY 13TH - 16TH**

@

**EAST MEADOW BASEBALL COMPLEX,
MERRICK AVE. EAST MEADOW, NY**

**FOR MORE INFO:
WWW.CENTRALMEADOW.COM**



**CENTRALMEADOW@OPTONLINE.NET
OR 516-241-8640**

CMBA HOSTED BY:

TOM ABRUSCATO

2X NYS COACH OF THE YEAR
4X LONG ISLAND COACH OF THE YEAR
6X NASSAU COUNTY COACH OF THE YEAR
18X LEAGUE COACH OF THE YEAR
OVER 400 CAREER WINS
ADELPHI UNIVERSITY

OUR STAFF:

- JOE FUSCO / NYIT**
- JOE ROCHE / FARMINGDALE**
- JOE BARRACATO / PACE U.**
- MIKE MEITINIS / HOFSTRA U**
- BRIAN CUNNINGHAM / PURCHASE**
- JOSH CUOZZO/ MT. SAINT VINCENT U.**
- EJ CUMBO / NYIT.**
- BRENDAN TURTON / DOMINICAN U.**
- MATT ROBINSON/ KINGS U**
- **STAFF SUBJECT TO CHANGE****

CMBA 22ND YEAR

THE CENTRAL MEADOW BASEBALL ACADEMY STARTED IN THE SUMMER OF 1999 BY TOM ABRUSCATO AND RICH HOWARD WITH THE IDEA OF PROVIDING THE EAST MEADOW AND CENTRAL NASSAU LITTLE LEAGUES WITH PROFESSIONAL, AFFORDABLE BASEBALL INSTRUCTION. WE ARE PROUD TO BE IN OUR 22ND YEAR. SINCE 1999 OVER 190 FORMER CAMPERS HAVE GONE ON TO PLAY BASEBALL IN COLLEGE. MOST IMPORTANTLY TO CMBA ,WE HAVE PROUDLY GIVEN BACK JUST OVER \$110,000 IN THE FORM OF SCHOLARSHIPS TO FORMER CAMPERS AND DIRECT DONATIONS TO THE LOCAL LITTLE LEAGUES.

PLEASE NOTE: THIS REGISTRATION FORM IS FOR THE EAST MEADOW LOCATION ONLY.....
TO REGISTER AT THE HAUPPAUGE LOCATION YOU MUST GO TO :
www.centralmeadow.com

BASEBALL ACADEMY

**JULY 6TH – 9TH & JULY 13TH – 16TH
4 DAY WEEKS (9:00-1:30) MONDAY-THURSDAY**

@

**EAST MEADOW BASEBALL
COMPLEX, MERRICK AVENUE
EAST MEADOW , NY**

Certified First-Aid / Cpr and AED staff on site
@ all times

BASEBALL ACADEMY SCHEDULE:

- 8:45- PLAYERS ARRIVE
- 9:00- STRETCH/FORM RUN-SPEED WORK
- 9:15- THROW/MECHANICAL PRINCIPLES
- 9:30- WATER
- 9:35- SKILL LECTURE (Different aspect each day)
- 10:00-BREAK INTO TEAM GROUPS (Practice skill)
- 11:00- LUNCH BREAK
- 11:15- SKILL LECTURE/POSITION BREAKDOWN
- 11:30- BREAK INTO TEAM GROUPS(Practice skill)
- 11:45- SPECIALTY SESSION / PRIMARY POSITION
- 12:15- INSTRUCTIONAL GAME
- 1:30- REVIEW OF DAYS GOALS / SKILLS / DISMISSAL

**SPECIALTY SESSION IS A COMPLETE
BREAKDOWN OF PRIMARY POSITION**

~ON THE FIRST DAY OF EACH SESSION, PLEASE ARRIVE ½ HOUR EARLIER FOR REGISTRATION

~RAIN SITE FOR CMBA IS BARNUM WOODS, MORE INFORMATION WILL BE GIVEN ON OPENING DAYS.

WATER WILL BE PROVIDED FOR ALL PLAYERS. LITTLE LEAGUE SPONSORED SNACK STAND WILL ALSO BE AVAILABLE. LUNCH WILL NOT BE PROVIDED BY CMBA.

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REGISTRATION FORM (EAST MEADOW LOCATION ONLY)

**PLEASE MAKE CHECK PAYABLE TO: YBSA
MAIL CHECK & FORM TO:**

**CMBA
PO BOX 10679.
WESTBURY NY11590.**

NAME: _____

AGE: _____

ADDRESS: _____

E-MAIL ADDRESS _____

PHONE: _____

EMERGENCY #:

PARENT/GUARDIAN:

CHECK APPROPRIATE BOX:

DAY ACADEMY

1 WEEK = 215

2 WEEKS = 395

FAMILY RATE – DAY ACADEMY

2 SIBLINGS 1 WEEK = 395

2 SIBLINGS 2 WEEKS = 739

OTHER DISCOUNTS:

GROUP: 4 OR MORE PLAYERS FROM 1 TEAM - \$15.00

*PLEASE PROVIDE TEAM NAME AND COACH

MULTIPLE WEEKS AND SIBLINGS PLEASE CALL/CONTACT TOM ABRUSCATO FOR PRICE

1 DISCOUNT PER REGISTRATION, CAN NOT BE COMBINED

*PLEASE SPECIFY WEEKS ATTENDING:

DAY ACADEMY & SPECIALTY

JULY 6-9 EAST MEADOW JUNE 29 HAUPPAUGE

JULY 13-16 EAST MEADOW

****FAMILY RATE ALSO INCLUDES SOFTBALL CAMPERS****

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